

SPECIAL OLYMPICS SUP LEAD-UP EVENTS

LEAD UP ATHLETES CAN COMPETE IN ONE (1) EVENT ONLY

LEASH & PFD (Personal Floatation Device) RULE: ALL ATHLETES MUST WEAR A LEASH & COAST GUARD APPROVED TYPE 1 OR 2 PFD (inherently buoyant vest PFD). NO CARTRIDGE PFD's OF ANY KIND ON ATHLETES. ALL NON COMPETERS ON WATER MUST WEAR A LEASH & ANY COAST GUARD APPROVED PFD.

ALL LEAD UP EVENTS: MAXIMUM DIVISIONS OF 4. GENDERS MAY BE COMBINED FOR HEATS, BUT AWARDS ARE GENDER SPECIFIC.

LEAD UP BOARD & BUOY/S RULES: MAY USE ANY BOARD 14' & UNDER INCLUDING YAK, L2FISH, BIG FOOT ETC. CHECKED BY HEAD OFFICIAL. BUOY/S WILL BE SET BUT ATHLETES WILL NOT BE DQ'd IF UNABLE TO ROUND THE BUOY/S AS LONG AS THE BOW OF BOARD GOES PAST BUOY/S.

QUALIFIER FOR LEAD UP: ATHLETE MUST BE ABLE TO INDEPENDENTLY STAY AFLOAT WITH COAST GUARD APPROVED TYPE 1 OR 2 PFD (inherently buoyant vest PFD) ON FOR 3 MINUTES. ATHLETES TESTED YEARLY.

LEAD UP EVENTS: 100 yd, 200 yd, 400 yd. Qualifier: Athlete must be able to independently stay afloat with Coast Guard approved TYPE 1 OR 2 PFD (inherently buoyant vest PFD) on for 3 minutes. Athletes tested yearly.

100 Yard –Can receive verbal and physical assistance during competition. This can include verbal instructions and physical assistance onto the board. Athletes can either stand, kneel or sit on the board during competition; cannot change positions to gain momentum. Competition will be out and back 100 yards (50 yards each way). Divisions will consist of no more than 4 athletes. Athletes start on boards.

200 Yard – Can receive verbal & physical assistance during competition. This can include verbal instructions and physical assistance onto the board. Athletes can either stand, kneel or sit on the board during competition; cannot change positions to gain momentum. Competition will be out and back 200 yards (100 yards each way). Divisions will consist of no more than 4 athletes. Athletes start on boards.

400 Yard – Can receive verbal & physical assistance during competition. This can include verbal instructions and physical assistance onto the board. Athletes can either stand, kneel or sit on the board during competition; cannot change positions to gain momentum. Competition will be out and back 400 yards (200 yards each way). Divisions will consist of no more than 4 athletes. Athletes start on boards.

LEAD UP EVENTS: Single bladed paddles. Qualifier: Athlete must be able to independently stay afloat with Coast Guard approved TYPE 1 OR 2 PFD (inherently buoyant vest PFD) on for 3 minutes. Athletes tested yearly. Athletes use single bladed paddle only.

Single Bladed Seated Paddle: Can receive verbal & physical assistance onto the board. Athlete sits & paddles with a single bladed paddle. Competition will be 25 -100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.

Single Bladed Kneeling Paddle: Can receive verbal & physical assistance onto the board. Athlete kneels & paddles with a single bladed paddle. Competition will be 25 - 100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.

LEAD UP EVENTS: Double bladed paddles. Qualifier: Athletes must be able to independently stay afloat with Coast Guard approved TYPE 1 OR 2 PFD (inherently buoyant vest PFD) on for 3 minutes. Athletes tested yearly. Athletes use doubled bladed paddle only.

Double Bladed Seated Paddle: Can receive verbal & physical assistance onto the board. Athlete sits & paddles with a doubled bladed paddle. Competition will be 25 – 100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.

Double Bladed Kneeling Paddle: Can receive verbal & physical assistance onto the board. Athlete kneels & paddles with a double bladed paddle only. Competition will be 25 -100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.

LEAD UP EVENTS: Tandem; traditional or unified. Qualifier: Athletes must be able to independently stay afloat with Coast Guard approved TYPE 1 OR 2 PFD (inherently buoyant vest PFD) on for 3 minutes. Athletes tested yearly. Athlete must contribute to forward momentum.

Leash goes on the paddler in control of the board for all Tandem.

Tandem Seated – Can receive verbal & physical assistance during competition. Athlete sits & paddles while coach/partner stands & paddles. Competition will be 25 - 100 yards one way. Divisions will consist of no more than 4 sets of Tandem. Athletes start on boards.

Tandem Kneels – Can receive verbal & physical assistance during competition. Athlete kneels & paddles while coach/partner stands & paddles. Competition will be 25 - 100 yards one way. Divisions will consist of no more than 4 sets of Tandem. Athletes start on boards.

LEAD UP EVENTS: Assisted Paddles. Qualifier: Athletes must be able to independently stay afloat with Coast Guard approved TYPE 1 OR 2 PFD (inherently buoyant vest PFD) on for 3 minutes. Athletes tested yearly.

Assisted Seated Paddle – Can receive verbal & physical assistance during competition. Athlete sits & paddles while an official on a separate board paddles alongside but does not assist forward movement. Competition will be 25 -100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.

Assisted Kneeling Paddle – Can receive verbal & physical assistance during competition. Athlete kneels & paddles while an official on a separate board paddles alongside but does not assist forward movement. Competition will be 25-100 yards one way. Divisions will consist of no more than 4 athletes. Athletes start on boards.